

Tested
Tools

The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tested
Foods

Pork Products Offer Savory Dishes for All Meals and Occasions

The Versatile Pig Will Furnish Fifty-seven Varieties of Food Without Any Outside Help

By Virginia Carter Lee

WITH the coming of the cold winter days appetizing pork dishes may play a larger part in the food program, and although no home eater should serve this kind of meat as frequently as it is offered in the present week's menu, still, if plenty of fruit and vegetables are served in connection with it and the weather is crisp and cold, the versatile pig may appear in many roles.

This week's menus are merely illustrative of these possibilities and are not intended to be followed literally during a whole week. They afford suggestions for the use of pork products throughout the entire winter.

Novel ways of serving pork have been given preference, with special recipes for home manufacture of headcheese and bologna sausage especially for those who do not dwell in the land of the delicatessen.

Appropriate Sauces and Dressings

For the broiled ham with cider gravy make the gravy while the ham is broiling. Melt one and a half tablespoons of ham fat and in it brown delicately a teaspoonful of mixed chopped celery, onion and green pepper. Then remove the vegetables and stir in one tablespoonful of brown flour. Gradually blend in one cupful of sweet cider, salt and paprika to taste and a teaspoonful of brown sugar. Stir until the sauce boils, dust in a bit of ground cinnamon and grated nutmeg and serve, poured over the crisp ham. A few drops of kitchen bouquet may be added if desired.

Fruit and vegetable sauces always go well with a bit of pork of any kind, and apples cooked with spices, cider and spiced cranberries, a combination jelly made from apples and cranberries, chutney (especially recommended with cold meat pork) and various tomato conserves are suggested as appetizing accompaniments.

But breads to eat with a piece of crisp ham, bologna, creamed salt pork or sausages should take the form of different varieties of corn bread, monkey bread, cakes or muffins, pan-

hominy cakes or a combination of corn meal and hominy made into crisp gems. Of course, when any of these cereal hot breads are served no other cereal will be required.

Special Suggestions

For the crisp salt pork in cream gravy (a standard New England dish) cut half a pound of lean salt pork into dice and fry crisp and brown. Drain and place on brown paper. Make one and a half cupsful of cream sauce, using part of the pork fat in the pan and season with a tiny pinch of salt, one tablespoonful of chopped parsley and the same of minced canned pimientos. Reheat to the boiling point, stir in quickly the hot pork dice and serve immediately. The pork should retain its crispness.

To prepare the baked apples with sausage filling, core and peel some large apples. Have ready a quarter of a pound of sausage meat and fill into the cavities from which the cores have been taken. Place in a baking pan, pour in one cupful of water mixed with two tablespoonsful of sugar and a few drops of lemon juice, cover the pan and bake until the apples are tender. Baste two or three times while cooking and uncover for the last ten minutes to brown.

A bit of minced ham added to a fish soufflé may be an innovation, but with a rather tasteless fish like cod or haddock it greatly improves the flavor. Add for two cupsful of the finely flaked fish two tablespoonsful of finely chopped cooked ham and proceed as in the making of an ordinary fish soufflé. A little less salt will be required as seasoning, owing to the saltiness of the ham.

A Big Meat Bill

In the budget for the week the meat item is very heavy, but when it is taken into consideration that the materials purchased will make headcheese and bologna for two or three subsequent evenings and that the roast pig for Sunday's dinner may be used, it is not so extravagant as it sounds.

Purchase at the butcher's two pork tenderloins, weighing about a pound and a half, at 60 cents a pound; two

pork steaks (a pound and a half), at 40 cents a pound; four pork chops, weighing two pounds, at 40 cents a pound (use the chop trimmings in making the scrapple), half a pound of sausage meat at 45 cents a pound, four pigs' feet at 15 cents each, one pound of chopped beef for 45 cents, one and a quarter pounds of raw ham at 45 cents a pound, materials for headcheese (small pig's head and tongue) about \$1, materials for bologna sausage, about 90 cents; one

pound of sliced bacon for 45 cents; three-quarters of a pound of salt pork at 38 cents a pound, a thin slice of cooked ham, about 12 cents, and a four weeks' old pig (about seven pounds) for \$3.

At the fish market, two pounds of smelts at 35 cents a pound, one pint of stewing oysters for 30 cents and one pound of codfish for 28 cents. Dairy supplies will include two pounds of table butter at 72 cents a pound, one pound of oleo for 40

cents, seven quarts of Grade B milk at 22 cents a quart, two half pints of cream at 25 cents a bottle and sixteen eggs at 90 cents a dozen.

If only sufficient headcheese and bologna sausage are purchased at the cooked food shop for each meal, \$1.15 may be subtracted from the meat item in the budget. This budget covers enough of these two foods for suppers and luncheons in the following week and the Sunday roast pig will furnish another dinner

and a luncheon the following week.

Marketing prices for four persons, not including milk to be used as a beverage, should run at the following approximate prices:

Butcher's bill.....	\$9.91
Fish bill.....	1.28
Dairy supplies.....	5.10
Fruits.....	4.05
Vegetables.....	4.00
Groceries.....	5.01
Total.....	\$29.35



When a Pig Goes to Market He Comes Home Like This

WHAT do we mean when we say that pork is "indigestible"? We mean merely that it takes longer to digest it, and if your stomach belongs to a union and strikes at longer hours, then there may be trouble. But slow digestion is not necessarily indigestion; all meats spend about three hours in the stomach, and the pork products usually need half or three-quarters of an hour longer. Some cannot digest much fat easily, and the "greasy" nature of certain pork products as well as explains many complaints

registered against this valuable winter food. The following recipes offer pork in delicate forms:

Pork Steaks, With Oysters

HAVE the butcher cut two steaks from the leg, not too thick. Prepare an oyster forcemeat dressing and spread the steaks with this. Then roll up, tie in place, having a layer of fat on top. Score this in crisscross fashion and roast in a hot oven. Sprinkle with salt and paprika after it has cooked for ten minutes and baste frequently with

the gravy that forms in the pan. Add a small cupful of the oyster liquor when the meat is put in to roast. Rightly cooked, this forms no mean substitute for turkey. Serve with a brown gravy.

Sausage and Onion Sandwiches

THESE may be made from cooked left-over sausage, or bologna sausage may be utilized. Chop sufficient of the meat to make a small cupful and add enough chili sauce to form a paste. Use as the filling between buttered slices of whole

wheat or rye bread, with a large slice of Bermuda onion and a leaf of crisp lettuce, dipped in Tartare sauce.

Mock Chicken Salad

CHOP coarsely or cut in dice the left-over pork tenderloin, and for each cupful of the meat add a cupful of diced crisp celery, one chopped hard-boiled egg and six stuffed olives cut in shreds. Season lightly with salt and paprika and moisten with a mayonnaise dressing. Heap in a mound on a salad platter, sur-

"Pigs Is Pigs," but They Are Also Chops, Sausages, Headcheese, Ham, Bacon and Roasts

Homemade Headcheese

THIS is made from the head of a small pig and the tongue. Have the butcher clean and prepare them and simmer in boiling salted water to which an onion, stuck with whole cloves, and a tiny bunch of sweet herbs have been added. When very tender let cool in the liquor in which it has cooked, then strip the meat from the bones. Season to taste with salt, paprika, powdered sage, a little powdered cloves and allspice and about half a cupful of strong vinegar. Mix all together thoroughly, remembering that the spice tends to keep it, and pack hard in molds or bowls, interspersing the layers of meat with bits of the tongue cut in, slings, squares and triangles, not less than an inch in length. Press down and keep the meat in chape by placing a wet plate on top of each mold with a weight on it. In two days the cheese will be ready to serve. This is delicious eaten cold with chili sauce, chutney or a mustard dressing; or it may be sliced, dipped in egg and bread crumbs and fried.

Roast Young Pig

THIS is a genuine Southern dish, and when the young pig has been properly fed, killed and cooked it is perhaps the best eating dish in the world. When it comes from the butcher wash out the inside with cold water to which a teaspoonful of baking soda has been added, then rinse with cold water and dry thoroughly. Prepare a savory sage dressing, adding a little grated onion and also a grated tart apple; then stuff and sew up the vent securely. Bend the forelegs backward, the hind legs forward, under and close to the body, and skewer in shape. Open the mouth, place a small piece of wood in it to hold it slightly open, dry thoroughly and dredge with seasoned flour. Place in a dripping pan and cover the ears with greased papers. Add a little salted water to the pan and baste at first with a little vegetable oil and then with the dripping that forms

round with a border of lettuce leaves, and mask the salad with additional dressing. Garnish with grated egg yolk, capers and bits of pickled beet.

Homemade Bologna Sausage

GRIND through the meat grinder half a pound each of lean beef, veal, pork, fat salt pork (not smoked) and a quarter of a pound of beef suet. Add two and a half teaspoonfuls of powdered sage, one-quarter of an ounce of mixed powdered sweet herbs (marjoram, parsley, summer savory and thyme), half a teaspoonful each of cayenne and black pepper, one-quarter of a teaspoonful of ground cloves, half a grated nutmeg, half a grated onion and salt to taste. Mix thoroughly, stuff into beef skins (these can be ordered from the butcher), tie up securely and prick each in several places for the steam to escape. Put into hot, not boiling, water, and heat slowly to the boiling point. Cook gently for one hour, drain and dry in the sun. When cold rub the outside of the skin with vegetable oil and hang in a cold, dry place. If you mean to keep it more than a week rub powdered ginger upon the outside. This may be washed away before slicing for the table. Serve with aspic or tomato jelly.

Pickled Pigs' Feet

WASH and clean the feet thoroughly, cover with cold water, slightly salted, and boil with a few celery tops and a sliced onion until the meat is very tender. Take out, drain and pack hot in sterilized jars, covering them while you make ready the pickle. For four feet allow one quart of vinegar, one-quarter of a cup of sugar, eighteen whole black peppers, six blades of mace and six whole cloves. Boil this for five minutes and pour boiling hot over the meat. It will be ready for use in two days, and provided the spiced vinegar covers the meat, it will keep in a cool, dry place six weeks.

Monday	BREAKFAST
Orange Juice	
Crisp Salt Pork in Cream Gravy	
Corn Pone	Coffee
LUNCHEON	
Vegetable Chowder	
Brown Bread	
Fruit Salad	Cheese Straws
DINNER	
Chutney and Celery Canapés	
Broiled Pork Tenderloins	
Spiced Preserved Apples	
Sweet Potatoes	Creamed Onions
Loganberry Ice	

Tuesday	BREAKFAST
Stewed Prunes with Lemon Slices	
Scrambled Eggs	Buttered Toast
Watercress	Coffee
LUNCHEON	
Mock Chicken Salad	
Finger Rolls	
Apple Cake Pudding	
DINNER	
Halved Grapefruit	
Fried Smelts with Bacon Spinach	
Creamed Potatoes	
Chocolate Bread Pudding	
Foamy Sauce	

Wednesday	BREAKFAST
Cooked Cereal with Apple Whip	
Waffles	Cinnamon and Sugar
Coffee	
LUNCHEON	
Homemade Headcheese	
Watercress Sandwiches	
Cocoa	Hot Gingerbread
DINNER	
Clean Tomato Soup with Spaghetti	
Pork Steak with Oyster Dressing	
Spiced Cranberry Conserve	
Browned Potatoes	
Fruit Jelly	

Thursday	BREAKFAST
Malaga Grapes	
Fried Scrapple	Thin Bread and Butter
Coffee	Chili Sauce
LUNCHEON	
Sausage and Onion Sandwiches	
Ginger Ale	Brown Betty
DINNER	
Cream of Corn Soup	
Broiled Pork Chops with Fried Apples	
Riced Potatoes	
String Beans	
Tomato Jelly Salad	
Pineapple Sherbet	

Friday	BREAKFAST
Baked Apples with Sausage Filling	
Fried Hominy Cakes	Coffee
LUNCHEON	
Parsley Omelet	
Buttered Toast	Tea
Orange Marmalade	
DINNER	
Bean Soup (with Bacon Rinds)	
Fish and Ham Soufflé	
Potato Balls	Stewed Tomatoes
Celery	
Apple Pie	

Saturday	BREAKFAST
Stewed Dried Peaches	
Fish Cakes with Bacon	
Tomato Pickle	Toast
LUNCHEON	
Pickled Pigs' Feet	
Corn and Hominy Muffins	
Sliced Oranges and Bananas	
DINNER	
Bouillon in Cups	
Hamburg Steak with Onions	
Hashed Browned Potatoes	Carrots
Endive Salad	
Batter Pudding	Fruit Sauce

Sunday	BREAKFAST
Grape Juice	
Broiled Ham with Cider Gravy	
Potato Rolls	Coffee
LUNCHEON	
OR SUPER	
Sliced Bologna Sausage	
Rhode Island Johnnycake	
Coffee	Celery Salad
DINNER	
Fruit Juice	
Roast Young Pig (Candied Sweet Potatoes)	
Apple and Cranberry Jelly	
Cauliflower	
Vegetable Salad	
Coffee Trappe	

Echoes From a Dietetic Congress for Home Dietitians

FOR housekeepers whose spirits sink under the routine upon which successful household management is built the recent convention of the American Dietetic Association in the Hotel McAlpin, New York City, would have been a good tonic. Four hundred men and women, managers of tenements, cafeterias, hospital kitchens and dietetic centers in clinics, met to discuss food. Highly specialized people, they came from the four points to devote three days to balanced rations and to the psychology of feeding sick people and the psychology of teaching well people.

Two subjects received more than ordinary emphasis—the feeding of children and the feeding of the sick. The child with "no pep," with shadows under the eyes, stringy forearms and sharpened blades outstanding like sharp-edged fins; the child that stands habitually with relaxed knees and protruding abdomen is the child that is undernourished. It may not be underfed in quantity, but it is not nourished by the food.

Poor Little Rich Girls

It would seem that much of the sympathy in these matters turned upon the poor children can safely be switched to the children of the rich. According to Mrs. Ira Couch Wood, of the McCormick Foundation, in Chicago, the children of the rich "are often the most pitiable and most squalid." She told how for the sake of comparison two groups of Chicago children were taken, one from the stockyards district and the other from the homes of prosperous people living in the University of Chicago section. "The poor children, mostly of foreign parentage, were

only 17 per cent below normal, while those who had presumably all the advantages were 57 per cent below standard. Now classes in nutrition are being started in connection with the schools, so that the rich may also benefit from the new missionary work in food values.

"Scales tell the story of a child's health," says Mrs. Wood. "In the nutrition classes the underweight children are ranged according to their gain in weight, like participants in an old-fashioned spelling match. The child that has gained the most stands at the head, and the one who has gained the least is at the foot. There are trophies, too, for the greatest gain. All this has to do with the psychology of competition, but it may mean a healthy youth and middle age."

Mush vs. Shoulder Braces

The psychology of competition is carried still further. It has been found that parents react to it. Jimmie refuses to take his milk and his mother, who is accustomed to indulging even his harmful caprices, attends the class, and standing with her son in line finds herself at the foot while Bessie or Ferdinand stand at the head, looking bright, with their cheeks growing pink and their shoulders straight. She and Jimmie reform. Mrs. Wood said that the stooped shoulders and crooked backs of children are corrected in most instances by food. When the child is nourished, fatigue disappears and quite normally it begins to stand correctly. So much in the morning and not shoulder braces is often the cure.

Since the war there has been

much clamor about the waste of materials and money, but there is only sporadic agitation over the waste

of children's lives. Yet, according to Mrs. Wood, it was twelve times more dangerous to be a baby in

Illinois during the war than a soldier in the front lines! "For the whole country," she said, "the death

rate still remains shocking—half a million children under the age of 16 die during each year. And they

Call the Apples by Their First Names—And Remember to Call Them Often

"ARE these apples good for baking?" Don't expect the grocer to know. He doesn't bake apples or make pies or sauce. He may have no idea what the different varieties of apples look like and not the slightest notion as to what use they are best adapted. But it is the business of the housewife to know the different kinds of apples on the market and to buy the kind which is most suitable for the particular use she expects to make of it. All pretty red apples are not necessarily good eating apples. For example, the Hubbardston and Baldwin are nice looking, big, red apples that are very nice for cooking purposes, but they lack the high flavor necessary for eating apples. On the other hand, some yellow apples are very good for eating, but are tough and leathery when cooked. Many housewives make the mistake of buying bruised and speckled apples for cooking just because they are cheap. This may be economy if the apple are of a variety suitable for cooking but the mere fact that they are inferior and cheap does not signify that they will make good apple sauce or pies.

If the housekeeper will familiarize herself with the different varieties on the market and depend upon

her own judgment rather than that of the grocer she will have much better results and fewer disappointments in the business of feeding her family. There is a great abundance of apples this year, so that good varieties for every purpose are available. The best eating apples on the market at the present time are the Jonathan, McIntosh Red, Wealthy and Snow. For cooking we have the Baldwin, Greening, Hubbardston, Twenty Ounce and Fall Pippin, while the Alexander and Wolf River are suitable for both cooking and eating. A brief description of these varieties and their uses may be useful to the buyer.

The Jonathan, McIntosh, Wealthy and Snow are bright red apples of medium size, which, because of their attractive appearance, are not often

confused with the cooking varieties. The flesh of these apples is white, with an occasional red stain.

The Greening and Fall Pippin are large apples, ranging in color from greenish yellow to a clear mellow yellow. The skin is very smooth and the flesh is crisp and juicy. Both apples are good for general cooking and are in prime condition at the present time.

The Baldwin and Hubbardston are attractive red apples, but their color is not the brilliant red of the best eating varieties and they are somewhat larger in size. The Baldwin is flecked with tiny spots, while the red of the Hubbardston may be more or less mingled with yellow. These apples are especially good for pies and for all general cooking.

Get the habit—apple habit. They

are comparatively cheap, they have a long season, they do not spoil quickly and have a wide variety of uses. They are real food, containing not only sugar for energy (a medium-sized average apple furnishes 75 heat units), but have also the acids and salts and the cellular tissue that make them wholesome, hearty, and help to keep the blood alkaline instead of acid. Apples are an anti-rheumatic food, so to speak. They should always be on hand to give to the children when they want something between meals, as they will satisfy and still not spoil the appetite, as do sweets or heavier food. And they can be used from breakfast to dessert without monotony if the housekeeper is skillful with her cooking and her seasoning. An apple pie that is spicy and mellow, juicy, tart, tasty apples, sliced, is a different affair from an apple pie made of characterless apples.

Heed the warning. Buy apples to cook as carefully as you do when they are to be eaten raw and you will have no trouble in making apple lovers of your family. Bread, butter and apple sauce are much better for Jack and Jill than jam or cake or candy. If it is spicy and good they will cry for it. It is a crime to arouse a distaste for a wholesome, cheap food by handling it stupidly and carelessly.

die largely because of ignorance and neglect."

Why Beautiful Foods?

"Make plain food attractive by a touch of color or a garnish," is the advice of Miss Emma Baker, of Teachers College. She spoke of two phases of cafeteria service, the furnishing of sufficient nutrition per portion and its "palatability."

"Do not make menus by the week. Make them out for at least nine days ahead. Then the same menus will never fall on the same days in successive weeks." An illuminating story of a cornstarch pudding was told. It was served with plain cream, with whipped cream and with whipped cream and a half (not a whole) Maraschino cherry. These three kinds of pudding were ranged on a cafeteria counter in three rows, the last row, the one furthest from the patrons, being the pudding with the whipped cream and cherry. This row was exhausted before anybody took a single dish from the other two. This little psychological experiment has in it a good hint for any housekeeper or any mother who is trying to feed her children nourishing, plain food. It will do them no good unless they eat it! And looks help.

The function of beauty in food was described also by Miss Marguerite Deaver, of the Mount Sinai Hospital of Cleveland. She said that when she had to choose between a "good looking" food and one of great nutritive value but unattractive she chose the former. Her reason was convincing:

"Nine chances out of ten the sick person will eat all of the attractive food and benefit, while if the unattractive food was offered it would

not be eaten or only partly eaten, and therefore wasted."

Good Food Empties Hospitals

It was agreed in conferences of clinic dietitians, held also at the Hotel McAlpin, that the "repeats" in clinics of sick people discharged from hospitals had been cut down by a system of directing the diet in the private homes. In other days many people who were discharged as cured returned for treatment after a short period at home. Investigations revealed home feeding of convalescents as ill advised as that discovered in a colored family by Miss L. Prandit, of the University of Tennessee. A certain colored baby was not prospering. Food rules were sent, and still the baby was failing. Investigation revealed the fact that little Mandy was teething and her diet was corn pone, pork fat and coffee!

In the roof garden of the McAlpin there was a show which included exhibits varying from laundry machines to orthopedic shoes and including a great many other things which had nothing to do with kitchens. In explanation of this Miss Mahoney, the chairman of the convention, said:

"The dietitian is more than a sublimated cook. She is a sublimated housewife, and as a rule must think of everything from the water tank on the roof to the condition of the drains in the street. Her job is one of the biggest and most important in the world."

